

I CLAIM:

1. An abdominal exerciser having a framework mounted with a moveable mechanism characterized in that the moveable mechanism has a main shaft end portion mounted with a leg-hooking module and the top face of the end of the main shaft is a seat pad, and the two
5 lateral walls of the main shaft corresponding to the middle section of the seat pad is protruded with a hollow inner clutching member, the end face of the hollow clutching member corresponding to one lateral side of the leg-hooking module is protruded with a protruded
10 engaging block, and the internal of the inner clutching member is provided with a rod for pivotal mounting, and the framework includes a first supporting frame and a second supporting frame, and the top portion of the two ends of the first supporting frame is a first clutching member which corresponding to the rod, and the first
15 clutching member is mounted at the external side of the clutching member at the main shaft, the end faces of the two lateral side of the first clutching member are formed into protruded engaging block which is different from the protruded engaging block of the inner clutching member, and the top portion of the two ends of the second
20 supporting frame is formed into the second clutching member which

can be pivotally mounted to the rod, and the second mounting member is mounted at the external side of the first clutching member, and the second clutching member corresponding to the end face at one side of the first clutching member is formed into a protruded engaging block, and the protruded engaging block and the protruded engaging block is different from that of the first clutching member, thereby an abdominal exerciser is obtained.

2. The exerciser of claim 1, wherein the main rod corresponding to the top face of the seat pad is a series of securing plates, and screw nuts are used to lock to the seat pad.
3. The exerciser of claim 1, wherein the two ends of the rod of the main shaft are provided with a threaded plug to prevent the dislocation of the framework.
4. The exerciser of claim 1, wherein the main shaft corresponding to the top face of the end portion of the leg-hooking module is a threaded hole mounted with an adjustable button, and the leg-hooking module is a sliding rod mounted to the main shaft and the top edge face of the sliding rod is provided with a series of adjusting holes corresponding to the protruded length of the sliding rod of adjusting the adjusting button on the main shaft.

5. The exerciser of claim 4, wherein one end protruded by the sliding rod of the leg-hooking module is provided with a combination plate of semi-circular shape, and the two sides of the combination plates have a long arch-shape slot so that the leg-hooking rod is mounted onto the combination plate using a screw nut and screw bolt, allowing the leg-hooking module to rotate with respect to the sliding rod.
6. The exerciser of claim 1, wherein the first and the second supporting frame are correspondingly conic-shaped frame body and the first supporting frame is totally close to the inner edge of the second supporting frame.
7. The exerciser of claim 1, wherein the middle section at the external edge of the two lateral side of the second supporting frame are protruded with a sloping insertion tube, and the insertion tube is mounted with an upward holding rod corresponding to the insertion rod section facilitating holding.
8. The exerciser of claim 7, wherein the top end of the holding rod is an end plug to provide anti-slipping and allow the holding at the upper end for massaging the hands.
9. An abdominal exerciser having a framework mounted with a

moveable mechanism, characterized in that the moveable mechanism has a main shaft end portion mounted with a leg-hooking module, and the top face of the end of the main shaft is provided with a seat pad, and the main shaft between the two securing plates is provided with a twisting module, and the twisting module is provided with a clutching seat corresponding to and rotating about the bottom face of the main shaft, and the end face of the two lateral side of the clutching seat corresponding to one side of the leg-hooking module is protruded with a protruded engaging block, and within the clutching seat a horizontal shaft is provided for the mounting of the framework; the framework includes a first supporting frame and a second supporting frame, and the top portion of the two ends of the first supporting frame is a first clutching member which corresponding to the rod, and the first clutching member is mounted at the external side of the clutching member at the main shaft, the end faces of the two lateral side of the first clutching member are formed into protruded engaging block which is different from the protruded engaging block of the inner clutching member, and the top portion of the two ends of the second supporting frame is formed into the second clutching member which

can be pivotally mounted to the rod, and the second mounting member is mounted at the external side of the first clutching member, and the second clutching member corresponding to the end face at one side of the first clutching member is formed into a protruded engaging block, and the protruded engaging block and the protruded engaging block is different from that of the first clutching member, thereby an abdominal exerciser is obtained.

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10. The exerciser of claim 9, wherein the main shaft is mounted with a hollow clutching member and the bottom edge of the clutching member is formed into a protruded engaging block, and the interior of the clutching member is mounted with a downward facing pivotal shaft for the mounting of a clutching seat, and the clutching seat has a hollow upright tube and a hollow horizontal tube, and the top face of the upright tube is formed into a protruded engaging block which can be placed at the bottom end of the clutching member, and the protruded engaging block at the end face of the two lateral side of the clutching seat is formed at the end face of the horizontal tube and the horizontal tube of the clutching seat is used for the passing through of the clutching seat so that the moveable mechanism is pivotally mounted to the framework.
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11. The exerciser of claim 10, wherein the bottom end of the pivotal shaft of the twisting module is provided with screw hole for the restriction of the clutching seat using a limited screw.
12. The exerciser of claim 1, wherein the top face of the seat pad
5 corresponding to the main shaft is a series of securing plate and screw nuts are used to secure the seat pad.
13. The exerciser of claim 9, wherein the two ends of the rod of the main shaft are provided with a threaded plug to prevent the dislocation of the framework.
- 10 14. The exerciser of claim 9, wherein the main shaft corresponding to the top face of the end portion of the leg-hooking module is a threaded hole mounted with an adjustable button, and the leg-hooking module is a sliding rod mounted to the main shaft and the top edge face of the sliding rod is provided with a series of
15 adjusting holes corresponding to the protruded length of the sliding rod of adjusting the adjusting button on the main shaft.
- 15 15. The exerciser of claim 14, wherein one end protruded by the sliding rod of the leg-hooking module is provided with a combination plate of semi-circular shape, and the two sides of the combination plates
20 have a long arch-shape slot so that the leg-hooking rod is mounted

onto the combination plate using a screw nut and screw bolt,
allowing the leg-hooking module to rotate with respect to the sliding
rod.

- 5 16. The exerciser of claim 9, wherein the first and the second supporting
frame are correspondingly conic-shaped frame body and the first
supporting frame is totally close to the inner edge of the second
supporting frame.
- 10 17. The exerciser of claim 9, wherein the middle section at the external
edge of the two lateral side of the second supporting frame are
protruded with a sloping insertion tube, and the insertion tube is
mounted with an upward holding rod corresponding to the insertion
rod section facilitating holding.
- 15 18. The exerciser of claim 9, wherein the top end of the holding rod is an
end plug to provide anti-slipping and allow the holding at the upper
end for massaging the hands.